

Welcome  
to the  
*new*



CHESTNUT RIDGE

SPA & SALON



Menu of Services

## **HAIR**

### **Women**

Women's Design Cut & Style. \$35-\$55.

Women's Wash & Blow Dry. \$25-\$35.

Special Occasion Up-Do. \$65+.

Color All Over. \$80+.

Root Color. \$65.

Additional Color Usage. \$10 per color.

Foil Highlight. Starts at \$80.

Cap Highlight. \$60.

Cap Partial Highlight. \$50.

The Ten Experience. \$65.

The ultimate in Alterna hair care. Shampoo and hair masque treatment. Finish with blow dry and style.

### **Add Ons**

Extreme Moisture Hair Treatment. \$20.

Dandruff Hair Treatment. \$25.

Revitalizing Scalp Treatment. \$35.

### **Men**

Men's Design Cut & Style. \$25.

Men's Clipper Cut. \$20.

Men's Wash & Style. \$15.

Men's Edge Up. \$15.

Men's Facial Hair Trim. \$10.

Men's Color. \$60.

Men's Highlight. \$40.

Men's Hair Revival Treatment. \$25.

Men's Steam and Trim. \$45.

The Ten Experience. \$65.

The ultimate in Alterna hair care. Shampoo and hair masque treatment. Finish with blow dry and style.

### **Add Ons**

Men's Conditioning Hair Treatment. \$25.

Men's Dandruff Hair Treatment. \$25.

Revitalizing Scalp Treatment. \$35.

### **Children** (10 years and under)

Children's Cut. \$20.

Children's Special Occasion Style. \$35+.

## **WAX**

Brows. \$15.

Lip. \$10.

Chin. \$10.

Brows/Lip/Chin. \$30.

Ears. \$10.

Neck. \$15.

Underarms. \$25+.

Half Arms. \$50+.

Full Arms. \$70+.

Chest. \$50+.

Bikini. \$50.

Brazilian. \$125+.

Half Back. \$50+.

Full Back. \$90+.

Knees Up. \$80+.

Full Legs. \$140+.

Full Legs with Bikini. \$180+.

## **NAIL**

### **Women**

**Manicure. 30 minutes / \$35.**

Soak, shape nails, soften cuticles, hand massage. End with choice of polish or buff to natural shine.

**Express Manicure. 15 minutes / \$20.**

Shape, massage, polish.

**Deluxe Manicure. 45 minutes / \$45.**

Full manicure with exfoliation and deep moisture mask on hands.

**Spa Pedicure. 50 minutes / \$55.**

Foot soak in our deluxe foot spa, shape nails, soften cuticles, exfoliate, pumice, masking and hot towels. End with a foot massage and polish of your choice.

**Deluxe Foot Masking. \$10.**

Select from Desert Heat (warm, hydrating, pain relief), Tropical Oasis (hydrating, anti-fatigue, anti-aging) or Seaweed (hydrating, fluid retention, increase blood circulation).

**Express Pedicure. 20 minutes / \$30.**

Soak, shape, foot massage and polish of your choice.

**Caviar Hand or Foot Treatment. \$45. \$80 for both.**

Lavish hands or feet with this luxurious caviar therapy. Make them feel new again.

**Acrylic Fill-in and Rebalance. \$40.**

**Acrylic Nails. \$55.**

**Pink & Whites. \$65.**

**Nail Polish Change (hands or feet). \$15. Both \$25.**

**Silk Wraps. \$40.**

**Fixed Nail. \$5 per nail.**

**Nail Art. \$2-\$5 per nail.**

### **Men**

**Manicure. 30 minutes / \$30.**

Soak, shape nails, soften cuticles, hand massage and buff to natural shine.

**Express Manicure. 15 minutes / \$20.**

Shape and buff to natural shine.

**Men's Executive Manicure. 30 minutes / \$25.**

Shape nails, soften cuticles, hand moisturizer then buff to a natural look.

**Men's Deluxe Manicure. 45 minutes / \$45.**

Executive Manicure plus hand exfoliation, deep moisture mask and buff to natural shine.

**Men's Spa Pedicure. 40 minutes / \$55.**

Foot soak in our deluxe foot spa, shape nails, rough skin exfoliated and pumiced, foot masking and hot towels. End with a foot massage.

### **Add Ons**

**Deep Hydrating Paraffin Wax Treatment (feet or hands). \$20.**

**Hydrating Foot Soak & Paraffin Wax Treatment on Feet. 20 minutes / \$30.**

## **FACE**

### **Prescriptive Facial. 1 hour / \$80.**

Tailored to treat individual skin types, this facial includes consultation, diagnosis and a treatment therapy mask.

### **Luminous "C" & Sea. 1 hour / \$100.**

The combination of products relieves dry and dehydrated skin, reduces fine lines and strengthens the skin's elasticity. Skin is left smooth and glowing.

### **Glycolic-Lacto Facial Peel. 30 minutes / \$55.**

#### **Series of 6 / \$275.**

Acid peels help exfoliate damaged skin, lighten sun damage and treat active acne and scarring. Helps to even skin tone, minimize pores and brighten the skin for an overall clarified complexion. End with gel mask and sunscreen.

### **Anti-Free Radical Facial. 1 hour / \$100.**

Rich in vitamins and good for all skin types, this facial helps to protect skin from environmental damage. Deeply hydrating, invigorating and firming.

### **Plantomer Lift-Off Mask. 1 hour / \$100.**

This cool, gentle mask is deeply hydrating and rich in minerals due to the unique combination of laminaria seaweed and propolis. Soothes, heals and strengthens leaving skin tightened and refreshed.

### **Luxury Caviar & Pearl Facial. 75 minutes / \$150.**

The combination of Russian caviar, pearl extract and an exclusive formulation of hibiscus extract called Escutox® stimulates nerve endings, repairs the skin, relaxes wrinkles and increases hydration and the skin's suppleness. Includes choice of a deluxe hand or foot treatment.

### **Teen Facial. 1 hour / \$60.**

Introduce your teenager to facial treatments and proper skin care. Includes enzyme exfoliation, steaming, deep pre-cleansing and mask to control oil and acne.

### **Exclusive Men's Facial. 1 hour / \$85.**

Rich in propolis that is renowned for its healing properties and seaweed for its hydrating properties, this facial soothes and calms the skin.

### **Skin Fit Men's Facial. 1 hour / \$95.**

Formulated for male skin with scientifically advanced anti-aging properties and a potent formula of natural ingredients including caviar to soothe, repair and rejuvenate skin.

### **Men's Basic Facial. \$75.**

Pevonia cleanse, toning, exfoliation and steam. End with a facial massage.

## **BODY**

### **Tropical Escape. 1 hour / \$160.**

A tropical wrap drenched with papaya and pineapple and enriched with crème fraiche, natural butter, calcium, magnesium, saccharides, vitamin A and pomegranate extract. Blended with collagen and elastin polypeptides to leave the skin deeply nourished and rejuvenated.

### **Tropical Oasis. 1 hour / \$150.**

Combining tropical mango and passion fruit extracts in a creamy yogurt formulation rich in fruit acids, potassium, calcium, saccharides, essential fatty acids and vitamin C, this tropical wrap leaves the skin revived, refreshed, smooth, firm and vividly brighter.

*Tropical Escape and Tropical Oasis treatments must be avoided if client has a collagen intolerance.*

### **Tropical Saltmousse Glow. 30 minutes / \$90.**

An aromatic scrub that removes dead skin cells and impurities while releasing negative ions to counteract damaging environmental pollutants. Water is added to the Saltmousse to polish the skin. Select from Pineapple/Papaya (repairing, smoothing and rejuvenating) or Mango/Passion Fruit (firming, brightening and invigorating).

### **Full Body Polish. 1 hour / \$40 to any service.**

A skin refining body scrub that removes impurities, dead skin cells and rough skin. Stimulates circulation leaving the skin soft, silky and smooth. End with a nourishing moisturizer.

### **Aromatherapy Salt Glow. 40 minutes / \$60.**

A deep cleansing and exfoliating body treatment that blends aromatic and mineral salts and essential oils to eliminate impurities and dead skin cells. Stimulates circulation and leaves skin soft, smooth, silky and hydrated.

*All Body Polishes include Steam Shower.*

### **Full Body Detox Thalasso Wrap. 1 hour / \$120.**

Incorporates seawater and a blend of the finest seaweed from the coast of Brittany. Rich in micronized minerals, vitamins and enzymes to detoxify, reduce fluid retention and increase blood circulation.

### **Green Coffee Treatment. 1 hour / \$125.**

An effective diuretic and detoxifying treatment to reduce the appearance of cellulite. Stimulates blood circulation, refines the skin and improves its elasticity.

### **Back Wrap with Natural Moor Mud. 45 minutes / \$75.**

Combines thermal action with Canadian moor mud containing 350 trace elements and pine essential oil to flush lactic acid and relieve muscular tension, aches and pains. Includes back massage.

### **Fit-For-Life Moor Mud Wrap. 1 hour / \$110.**

This wrap is designed to relieve pain from arthritis and rheumatism and to control cramps by using moor mud rich in vitamins, minerals and enzymes. A gentle thermal action stimulates and invigorates the body.

### **Desert Heat. 1 hour / \$115.**

A soothing, bubbling cocoon of Arizona desert earth naturally enriched with copper, magnesium and zinc helps to repair the skin by leaving it mineralized, hydrated, nourished, toned and smooth.

### **Moroccan Cocoon with Rassoul. 1 hour / \$120.**

Using mud from the warm, fertile valleys of Morocco, this treatment provides a journey to ultimate beauty and well being. Contains an abundance of essential health and beauty elements including magnesium, iron, calcium, potassium and sodium to mineralize and moisturize the skin.

*All Mud Wraps include Steam Shower. Please allow yourself an extra 15 minutes for showering.*

### **Water Lily After-Sun Body Wrap. 1 hour / \$105.**

The benefits of water lilies and green tea extract are combined to offer a wrap that reduces skin temperature and the discomfort of sunburn or overly sensitive skin.

## **MASSAGE**

### **Swedish Massage. 1 hour / \$90. 1.5 hours / \$135.**

This traditional massage is relaxing and invigorating. It stimulates the nerves, muscles, glands and circulation to promote health and well being.

### **Hot Sea Shell Massage. 70 minutes / \$120.**

Hot sea shells are incorporated into a Swedish Massage to loosen tight muscles for an even better result.

### **Rejuvenation Massage. 30 minutes / \$45.**

A 30-minute massage wherever you need it the most. Choose from neck/shoulder, back/glutes, arms/legs or feet/face.

### **Deep Tissue Massage. 1 hour / \$120. 1.5 hours / \$150.**

Un-stick the fibers of the muscles while releasing deeply-held patterns of tension, removing toxins and relaxing and soothing the muscle. Corrective and therapeutic.

### **Chair Massage. 15 minutes minimum / \$1 per minute.**

Provides pain relief and relaxation of muscles to promote energy within. Reserve this service for all your golf outings and conferences.

### **Couples Massage. 1 hour / \$210. 1.5 hours / \$290.**

Enjoy our candlelit couples's suite and receive side-by-side massages. End with a Steam Shower.

### **Golfer's Massage. 30 minutes / \$50. 1 hour / \$90.**

Decongests and lengthens the muscles, tendons and other connective tissues by combining high-impact massage techniques with assisted stretches. Relieves acute muscle soreness, improves flexibility and increases range of motion.

### **Hungarian Honey Massage. 1 hour / \$125.**

An excellent treatment to eliminate body fatigue and provide a feeling of lightness. Refreshes the muscles, nursing and detoxifying them from metabolic waste like lactic acid. Rejuvenates soft and hard tissues of the body. End with a Steam Shower.

### **Pregnancy Massage. 50 minutes / \$105.**

Focuses on giving the mother-to-be the special attention she needs. The massage is performed by a certified pregnancy massage therapist who has specific skills to alleviate pain and keep both mother and baby safe and comfortable.

### **In-Room Massage. 1 hour / \$135.**

Let us turn your hotel room into a private spa sanctuary. Our special combination of aromatic oils and peaceful massage techniques relaxes muscles, quiets nerves and increases circulation.

## **Add Ons**

Add hot stones to Swedish Massage for more relaxed muscles and heat therapy. \$30.

## **SPA PACKAGES**

### **Celebrate the Seasons. 3.5 hours / \$199.**

Start with a winter peppermint foot soak and mask followed by a flower petal spring facial and tropical salt glow exfoliation. End with a 1-hour fall-scented Swedish Massage.

### **Couples Getaway. 2 hours / \$250.**

Lie side-by-side with your loved one while you both receive a 1-hour Swedish Massage. End with a Steam Shower and champagne toast.

### **First-Time Spa Lover. 2 hours / \$149.**

Receive four 30-minute treatments including facial, pedicure, manicure and massage.

### **Hole in One. 3.5 hours / \$399.**

Start with a 1-hour Golfer's Massage to loosen your joints before you tee off. After your round, receive a 1-hour Swedish Massage to soothe muscles followed by Revitalizing Scalp Treatment and express facial. End with wash and style. Includes 18 holes of golf with cart.

### **Sweet Teen Spa Day (ages 13-18). 2 hours / \$150.**

Includes 1/2 hour Swedish Massage, 1/2 hour Teen Facial, 1/2 hour Spa Pedicure, polish change and choice of dessert.

### **Girlfriend Getaway. 3 hours / \$390.**

Celebrate your relationship in style with your mother, daughter, sister or friend. Receive two Swedish Massages, choice of two pedicures or facials, two wash and styles and two lunches or dinners.

### **Walk on the Beach. 3 hours / \$249.**

Start with a beach sand scrub followed by a 1-hour Hot Sea Shell Massage. End with a Spa Pedicure.

### **Gentlemen's Package. 3 hours / \$239.**

Start with a relaxing hot stone massage followed by an exclusive men's facial. End with an Express Manicure and Steam Shower.

### **The Ridge Signature Package. 5 hours / \$489.**

Enjoy the ultimate spa day at the Ridge. Your choice of body wrap, 1-hour massage, Steam Shower, Prescriptive Facial, Spa Pedicure and Caviar Hand and Foot Treatment. End with a caviar scalp treatment and wash, trim and style. Includes lunch or dinner.

### **Steam Shower. \$25.**

Provides tension relief and muscle relaxation. Eliminates impurities through an extended and controlled exposure to warm, moist air.

### **Design Your Own Spa Package.**

When you book an appointment with multiple spa services, we will discount them for you. Two services, \$10 discount; three services, \$15 discount; four services, \$25 discount.

## **BRIDAL PACKAGES**

### **Bridal Hair. \$125.**

Bride's hair is washed and styled to her specifications. Or up-do to her taste. Placement of accessories and veil.

### **Bridal Hair Pretrial. \$150.**

Consultation and two variations of styles done so the bride can decide what she likes best. Finalize the hair placement.

**Pretrial of Sorme Makeup Application. \$55.**

Consultation and application of makeup so the bride can see what her makeup will look like the day of her wedding.

**Bridal Day Package. \$399.**

Pretrial of hair and makeup, wedding day hair and makeup and brow shaping, placement of veil and accessories followed by a Manicure. Includes a 10% discount on services for the bridal party on your big day. Add a light breakfast on your wedding day for \$7 per person.

**Pampered Bride Package. \$309.**

Start with a 1-hour hot stone Swedish Massage and Steam Shower followed by a facial, Spa Pedicure and moisture hand treatment. End with blow dry and style.

**Bride & Groom Package. 4 hours / \$350.**

Bride and Groom receive a Couples Massage in our candlelit couples's suite, Steam Shower and luxurious facial treatments. End with an Executive Manicure and hand treatments for both.

**Bachelorette Spa Night or Party. Call for details.**

Treat your bridal party to your choice of services. Beverage services available.

***Additional Services***

Sorme Mineral Makeup Application. 30 minutes / \$45.

Eyelash extensions. \$55.

Eyelash removal. \$20.



**CHESTNUT RIDGE**

SPA & SALON

Chestnut Ridge Golf Resort & Conference Center  
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[www.chestnutridgeresort.com](http://www.chestnutridgeresort.com)

**Open every day from 10am to 7pm.**

*Services and prices are subject to change without notice. December 2008.*